

**QC**

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Singer-songwriter Vaero keeps close to her Fransaskois roots **P. 8**

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Gardens in Ireland are a colourful sight to behold **P. 20**

# TALKING STRAIGHT

AFTER WORKING HARD TO GET OFF THE STREET, JORGINA SUNN IS NOW SAVING OTHERS

**P. 4**



# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# MARK CLAVELLE

## A Close Encounter of the Fifth Kind

Do alien encounters happen strictly in other countries, or only in the History Channel?

The fact is that encounters have been documented in all countries, spread across all cultural belief systems. Religious paintings, tribal stories and etched drawings indicate that alien communication has been happening on this world since before we have had skill to describe them, or even the words to describe them. These depictions show a hidden history of the human world.

In modern times, local newspapers have reported on mass sightings with photographic evidence. There are people who have done



Mark Clavelle

much to discredit these experiences by claiming hoaxes or dismissing lost, mangled, yet too many established researchers not to think that something, whether bad, alien, mass hysteria, or something

could account for this widespread phenomenon.

My encounter was at the fifth kind. An event that involves direct communication between aliens and humans through conscious communication.

My encounter happened while I was living in rural Saskatchewan, and took about three hours. The experience was so profound that I wrote at times right away so that I would not be able to say anything or misrepresent my details. The more I looked at the details of this experience, the more I found that a subtle intelligence was directing me through this encounter.

Originally I wrote this story out for myself, yet, as I looked at the details, it became clear that an actual story was emerging. If this story was simply about my own private experience, I would not have published it. But what emerged looked to be an

actual guide to the underlying principles in our universe. The implications of this were profound, that by developing these principles, we may achieve a subatomic understanding that would allow us to understand ourselves and consciously interact with these beings.

Judge these principles for your self, and see if it answers the questions of who and what we are in relationship with each other. Everyone is given the choice in developing active principles in their life. None are intended for not being ready.

This is a short story (about 30 pages), and it can be purchased for \$9.99 online through Amazon.



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Jocelyn Surin learned how to play piano as a child and started writing songs that went along with her life story.

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Food writer Benita Kolobian signs Upstate Downs. Peter Gargano's Cacio is a small, fine-faceted and it's simple to prepare.

## QC COVER PHOTO BY GREG PENDER

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# ON THE COVER

By the time I was 21, I was a walking time bomb. — *Jorgina Sunn*

# STARTING AGAIN

## Gaining experience the hard way, survivor gives back



Jorgina Sunn is a former gang member who has turned her life around and now helps others through the Sir'D Up program. (gc photo by ANITA PINEAU)

By Sean Tremblay

Jorgina Sunn is not proud of a lot of the things she did in her younger years, but she doesn't pretend they never happened.

"By the time I was 21, I was a walking time bomb. I did all the things to maintain my addiction. I sold my body. I sold drugs. My life could have

ended many times, but you're not thinking about that when you're in it," she says.

After years of crime and addiction, Sunn made the choice to change. Now, with three years of sobriety and a flourishing speaking career, she uses her experience to help others who are trying to get off their same troubled path.

She has travelled the province from Regina to La Loche sharing her story, taken part in a call for a provincial poverty action plan and connected young people struggling with poverty, addictions and gang connections.

Her work has earned the respect of her peers, and recently national recognition in the form of an Ab-

original Order of Canada from the Congress of Aboriginal Peoples.

"Despite what she has across Canada, she still considers herself a work in progress."

Every day is a journey of self-discovery.

"You can't treat me anything you don't have. That's why I keep working on myself," she says.

Sunn grew up in Alberta. She spent her first four years in several foster homes, an experience she says influenced some of her later troubles.

"There were lots of different abuses in those homes. Just really unhealthy, dysfunctional environments," she says.

I picked Saskatoon because I didn't have any connections here. I wanted a fresh start. — Susan



Joanne Sunis is a musician and is recording an album with Gar Pivov of Hole House Music. [saskatoonnews.com](http://saskatoonnews.com)

Things improved at age four when she was adopted by a family from Ontario. She spent her youth hiking alone and learning the piano.

Despite a relatively stable home environment, she had a lot of negative experiences during the time. As one of just eight aboriginal students at her school, Susan says she experienced constant racism and bullying.

By age 16 she started to rebel, staying out late and smoking cigarettes. At 18 she started drinking and getting high. She had her first run-in with the law when she stole her parents' vehicle and was caught driving without a license.

She dropped out of Grade 12 and moved to Calgary, where she got into more serious problems. She joined a gang, got addicted to crack cocaine and started selling drugs. She spent three years on the street.

After her first mugshot, she came home from the law. Susan was sentenced to drug trafficking and went on to spend six months in a holding lodge. Although incarceration was a generally negative experience, it was there she got her first real exposure to her First Nations heritage.

Growing up off reserve, Susan never learned about her cultural heritage. Programming at the lodge introduced her to things she didn't realize she needed.

"I think I had always called to me," she says.

Still, she was hesitant. She felt like an out-

sider, even among those who shared her heritage.

"My first love always been about asking questions, not knowing enough, being judged by other First Nations people because I didn't understand," Susan says.

After her release in 2008 she came to Saskatoon.

She picked Saskatoon because it didn't have any connections here. I wanted a fresh start," she says.

After she got on a better path, but had trouble committing.

"It was rather intimidating to me, the idea of being quite unique looking," she says.

Susan started using drugs again. In June 2010, she found herself back in Calgary back on the street. It was during this second stint that Susan started finding the connections to make a real change.

"There was a certain way I called 'freedom.' I didn't have to pay bills. But at the end of every night, standing in line at 30 minutes with nowhere to go, it starts to hit you that you don't want to do that any more," she says.

She began to wonder about the miserable end of her lifestyle.

"I started seeing people many years older than me, knowing they were never going to get out of that life," Susan says.

With the help of her brother who put her on a bus back to Saskatoon, it was here she became fully involved with SSK-U, an organization she credits with saving her life.

Continued on Page 8

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She was sick and tired of being in jail, making promises to people and not following through, always seeing the same people, those kinds of things. — Stan Tuuskuafie

Shirley's mandate is to help people get out of gangs and criminal lifestyles.

Stan Tuuskuafie, an outreach worker with the organization, remembers when Stan first came in.

"She was sick and tired of being in jail, making promises to people and not following through, always seeing the same people, those kinds of things," he says.

Tuuskuafie recognized in Stan a genuine desire for change.

"She had the drive in her. There's moments where she relapsed, but she always picked herself up and continued to move forward," he says.

In this day Stan is extremely grateful of Tuuskuafie. "She's one of my greatest heroes and mentors. How he navigates his life is how I want to navigate my own life," she says.

He and the other members of Shir-Up give Stan the support she had never found elsewhere.

"They sat with me and listened to me for hours. They let me cry they let me scream. Even when I was wrong about my anger, they would let me have it," she says. "I began to put things in perspective. There was lots of things I was able to let go."

She got sober, found a place to live and started working. Meanwhile, as she continued to work on herself, she started taking a more senior role with Shir-Up. She would take part in presentations on commendations around the province, telling her story.

"It was a very daunting and scary experience at first, because of my shame for where I was at and my shame for the things I had done in my life," Stan says.

But she was natural. Articulate and comfortable in front of crowds, Stan was a boon to the organization, according to Tuuskuafie.

"You not going to say Shir-Up gave her a voice. I think Shir-Up gave her the confidence to speak out," he says.

Meanwhile, Stan started helping out with other people coming to Shir-Up, trying to make the same impact on their lives. Having lived through her own dark times, Stan found she was able to talk to the members without negotiating things.

She recounts seeing a young woman screaming and crying just as Stan had years earlier. Stan walked with the woman, walking alongside her as she reached three months of sobriety, then six months, then a year. Being on the other side of the experience was a revelation.

"It's the most rewarding experience, watching someone blossom from this life. There's nothing quite like it," Stan says.

Alex Munro, Shir-Up's executive director, says Stan serves as her mentor role with the organization.

"She role models what it means to be healthy," Munro says.

The concept of a healthy environment is central to what Shir-Up does, Munro says. It's all about getting out of an unhealthy spot and finding new things better.

She has done that perfectly over the last three and a half years. She's worked on herself, and she's extended that outward to her community," he says.

The sobriety Stan had to free is what makes her such an effective helper for others, according to Kim Ikenkian, an other staff member at Shir-Up.



Alex Munro (left) and Stan Tuuskuafie were two big influences for Joanne Sam to turn her life around and become an active member of the community.



Joanne Sam with Shir-Up executive director Alex Munro. (COURTESY OF SHIR-UP)

## We need to get back to healing the family unit, and creating safe places where people can detox, or get over their abandonment issues — Sunn

"The seasons in me up overcome all the obstacles and barriers she has, and take her life in a totally opposite, positive direction is inspiring to people. That was the key!" Bena Sunn says.

Meanwhile, Sunn was working on some things outside of StUp. Having learned piano at a child, she started writing songs that went along with her life story. As she travelled the province speaking, she played her music and found people connected to it.

After an appearance on a Shaw music program, she got connected with Sam Pereira, the Jamaican-born co-founder of Whole Youth Music and the Skidz. The two of them are recording Bena's first album, scheduled for release in May.

Sunn says she isn't expecting riches and fame from her music, but hopes more people can connect with her story and possibly follow her lead.

"As an indigenous person playing piano and writing pop music, I really hope it will help create a pathway for other artists," she says.

Another reason for sharing her story came through involvement with Poverty Coast, a campaign by a coalition of anti-poverty organizations calling for a comprehensive plan to tackle the issue in Saskatchewan.

Sunn spoke at an event launching the campaign, and also shared her story with some of the organizers. She says it is important for such organizations to include the voices of people like her in order to formulate effective strategies.

"You need the people who have lived through it to share their experiences," she says. Saskatchewan has a long way to go in the fight against poverty and the misery it creates, according to Sunn.

"We need to get back to healing the family unit, and creating safe places where people can detox, or get over their abandonment issues," she says.

All of Sunn's positive endeavors contributed to Bena's decision to nominate her for the Aboriginal Order of Canada. Bena is a delegate to the Congress of Aboriginal Peoples, a Canadian organization that represents Métis, off reserve and non-treaty aboriginal people.

"I just believe her contributions to the community were really positive. I just thought she deserved it," Bena says.

In September, Bena and Sunn travelled to Ontario, where Bena made his case for why Bena deserved the honour. The board unanimously agreed.

"I was completely baffled and blown away," Bena says of the honour.

Traditionally, who has seen Sunn go from



Bena Sunn will recently awarded the Aboriginal Order of Canada. (C) PHOTO BY GUY LAWRENCE

those first meetings of StUp to her current position as a mentor for others, says it is a great honour for both Sunn and the organization.

"It solidifies the journey for her and for other StUp members," he says.

At the same time, Sunn doesn't consider her journey over. The upcoming album represents

a whole new challenge. On top of that, she is working toward going to law school, where she hopes her firsthand knowledge of the criminal justice system will allow her to effectively help others.

She will continue to tell her story in a multitude of ways, and use her position at StUp to positively influence those who need a

helping hand. Having got over herself, she loves nothing more than to pay it forward and see someone else on the path toward health and stability.

"If I had some small part of that, that's a gift worth more than millions of dollars."

benasunn@thestoryproject.com  
facebook.com/benasunn

# MUSIC

## #FRANSASKOIS CULTURE

# Singer-songwriter Vaero holds tight to her heritage

By Ashley Martin

Vernonque Poulin was raised on French fiddle tunes.

Growing up in Ronan Park, about 250 kilometres northeast of Seattle, her grandfather was a folk singer-songwriter. Herin, Poulin would raise a sword with jig and reel.

"I think my Francophone part was that still loves their culture has heard of him or has a story of him on a table somewhere singing, slow songs or just getting a whole bunch of people riled up dancing," said Poulin, known as Vaero on stage.

Her grandfather was the one who taught her to love tin with music. Even at the end of his life, stricken with cancer, his speech and Alzheimer's having robbed him of memories, there was one thing Herin never forgot.

"He was always able to hum a tune," said Poulin.

When his grandchildren would play for him, "He'd have tears in his eyes and he would try to sing back with us, but all you could hear was the melody ... He never lost touch of his musical side."

"That just goes to show how important music is, when all else fails. Music is that earthy sense I think."

Poulin, who is also one-third of Saskatchewan band the Young Hergeans, was seven when she started playing piano. By 13, she'd picked up the violin and played three of her lullabies in a fiddle quartet to play emergency functions. At 15 she first tried her hand at songwriting.

There is a way for Poulin to exorcise herself — her soulless art often reflects "the emotion I'm finding at the time."

And her lyrics reflect her Francophone heritage. More often than not, Poulin writes in her first language.

Growing up she spoke French at school, at home and to the community.

"When people would speak English to her parents, 'I'd be like, 'Who is that word person?' That's strange,"



Singer-songwriter Poulin's grandfather taught her to love tin with music. PHOTO BY ALAN HARRISON/ALAN HARRISON

she said with a laugh.

Though she started learning fiddle in Grade 1 in Ronan Park, "we were kind of a bit of a bubble," said Poulin.

"When I was younger I just always thought that everyone had that kind of (Francophone) experience."

In high school she realized that wasn't so. Unlike her parents' generation, she didn't have to fight to keep her language that when she moved to Regina to study music education in university, she became conscious of the effort required to maintain her culture. She felt her French slipping

away due to lack of practice.

"That's when the Francophone community really became a lot more real for me ... It kept that cultural part of me," said Poulin.

"It's just about being true to myself and working as much as I can on being who I want to be ... and I think language has a huge part in that, in helping you to be yourself and to express yourself."

To share the love, Poulin works with Francophone cultural organizations and works in French immersion classrooms as an educational assistant. She serves as artistic director of the francophone garden at

Saskatoon's cultural FolkFest. She's also a part-time music teacher.

"That's a kind of my way of giving back."

Poulin is working on her second album, an EP she'll record in Montreal, all in French (barring one bilingual song). After that, she's planning on English album.

Expect a "melancholic, minimal, but very melodic" sound, Poulin describes her genre as "atmospheric folk," and has become more comfortable with her sound since her last EP in 2011.

Looping pedals help her or chestnuts like solo symphony.

"stretching melodies and having these slow tempos I can play with," said Poulin. "New T in thinking more about textures and tones and harmonies and kind of pulling (forward) as a space where they're able to relax and just listen instead of party."

But playing her fiddle, her roots are never far away. Catch Vaero in Prince Albert with the Benoit Frenette Trio on Oct. 30, 8 p.m., at Wesley United Church, in Regina Oct. 31, 8 p.m., at Carrefour des Plaines again with the Benoit Frenette Trio, and in Saskatoon Nov. 5, 10 p.m., at Arapage Theatre with Trevo River.





# ON THE SCENE

## # ZOMBIE PROMENADE

Zombie enthusiasts were out in full force Oct. 15 for the debut Zombie Promenade at the RCMP Heritage Centre. While zombie stunts were encouraged, it wasn't mandatory. Anybody with a zombie experience wasn't required for the zombie shoot, which featured live entertainment and apocalypse-themed games. Jeffery Staker entertained the audience with his dance-themed masculinity. And a youth choir treated the crowd to a flesh-mob experience. Games included a matching game where participants had to match pictures from different cars with horror movies. Popcorn from the Zombie Promenade will support the RCMP Heritage Centre. The event also raised donations for the Regina Food Bank.

GO PHOTOS BY  
BRYAN SCHLOSSER



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## ON THE SCENE



L.Alex Petlinen is shooting a bow at Zombas targets.

2. Elizabeth McGloin and Christine van der Moort live next to a coffin for two.

2. Helma Brown, Jodi Ann Lucitt and  
Sharon Cunningham

4. **Elia and Sandra Singh**

**5. Members of Harmony 2 Go! Canaan**  
dra-House: Youn Frechette, Zach Schatz,  
Cecilia Corcoran and Gabriel Scott

6. Jeffery Sitraker who was performing at the event, lost shooting a bow.

2. Martin Castle of the RCMP Heritage Centre sits with Edgar (left) in the 1964 custom-Cadillac Limousine the RCMP purchased for 1971 duties in Ottawa.



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# IN THE CITY

#OCTOBER 14, 2015 — 9:42 A.M.

## Baker's dozen



Wesley (left) and John (right) Baker had no idea the results would be this when digging potatoes in the garden recently. In all there are 13 potatoes growing together. GC PHOTO BY BRYAN BARNES/LEADERPOST

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## EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MUSIC

Wednesday, Oct. 21

**Wednesday Night Polk: Rocky and the Jaxs**  
Berkheimer, 2226 Dewdney Ave.

**The Alkey Gwags**  
Leopold's, 2330 Albert St.

**Magnet and the Magnetics**  
Artful Dodger, 1631 19th Ave.

**Salt-N-Pepp**  
Citrine Regins Show Lounge  
1650 Saskatchewan Dr.

**Blago Brown, Head of the Hurd**  
The Pump, 641 Victoria Ave E

**Bring the Night, Common War**  
The Club of the Chinchide  
2423 8th Ave.

**Carlo, Ryan Hesse Band, Left Behind**  
McNally's, 2226 Dewdney Ave  
Thursday, Oct. 22

**Live music:**  
Fox Bedlam, 1852 South St.

**Karaoke**  
8 p.m.-2 a.m. The Sip, 326 Albert St.

**The Milkmen's Zone**  
5150 Ashcroft Fundacion  
Citrine Regins Show Lounge  
1650 Saskatchewan Dr.

**Live on 12TH CITY LOCAL**  
Artful Dodger, 1631 19th Ave.

**Old-Time Singalong**  
7 p.m. Our Lady of Peace, 6225 Broad St. N

Friday, Oct. 23

**Live music:**  
4-7 p.m. Monarch Lounge,  
Hotel Saskatchewan, 2125 Victoria Ave.

Weekly Group Circle



Salt-N-Pepp perform Wednesday at the Citrine Regins Show Lounge. (CITRINE REGINS/ART MORGAN)

**Instruments provided**  
7:30-9 p.m. The United Spirit  
Centre, 3015 Dean Dr. Call  
Mike, 326-550-2951.

**Karaoke**  
8 p.m.-2 a.m. The Sip, 326 Albert St.

**John Wort Hancock**  
Artful Dodger, 1631 19th Ave.

**Kauffman, The Bytanders**  
Lancaster, 4529 Gordon Rd.

**Tessie Macgregor**  
McNally's, 2226 Dewdney Ave.

**Four By Four**  
Tribute to the Beach Boys  
Citrine Regins Show Lounge  
1650 Saskatchewan Dr.

**Good Hiddance, Off With Their Heads, Five Next Time**  
The Exchange, 2431 8th Ave.

**Jaxx**  
7-10:30 p.m. Leopold's, 2330 Park St.

**Ultimate Power Out, Herb and the Humans**  
Oxidebox, 1947 South St.

Saturday, Oct. 24

**Brax, Michael Munkie Band**  
9 p.m. Brookview's Lounge,  
1927 Broadway Ave.

**Live music jam**  
All types of music welcome.  
Hosted by Errol Kintobin.  
4-6 p.m. The Sip, 326 Albert St.

**Karaoke**  
8 p.m.-2 a.m. The Sip, 326 Albert St.

**The Project**  
The Capitol, 1643 Hamilton St.

**Breksdown Party Band**  
McNally's, 2226 Dewdney Ave.

**Miles plays Haydn**  
Repine Symphony Orchestra  
8 p.m. Common Arts Centre  
200 Lakeshore Dr.

**Andy Kim**  
Citrine Regins Show Lounge  
1650 Saskatchewan Dr.

**Library Voices, Surf Dads**  
The Exchange, 2431 8th Ave.

Sunday, Oct. 25

**Open jam**  
3-6 p.m. Mojo Club, 639 Victoria Ave.

**Karaoke**  
8 p.m.-2 a.m. The Sip, 326 Albert St.

**Tillem Pelly**  
Artful Dodger, 1631 19th Ave.

**Menday, Oct. 26**

**Monday Night Jazz & Blues: Blues Bands**  
Bushwicket, 2226 Dewdney

**Karaoke**  
8 p.m.-2 a.m. The Sip, 326 Albert St.

**Down Mile**  
Artful Dodger, 1631 19th Ave.

**Quarant & Chicks Rock Fantasy**  
A Tribute to Stevie Nicks  
Common Arts Centre  
200 Lakeshore Dr.

**Tuesday, Oct. 27**

**Acoustic music**  
Bellfield, 1917 Dewdney Ave.

**Karaoke**  
McNally's, 2226 Dewdney Ave.

**Karaoke**  
2154 Dodger, 1631 19th Ave.

**Van Vulture Trio**  
The Capitol, 1643 Hamilton St.

**Kirby**  
Artful Dodger, 1631 19th Ave.

**Mayhemways, Malina Payne**  
Oxidebox, 1947 South St.

## # VISUAL ART

**Zachary Legocki, National History of Unusual Things**  
Exploring the intersections between masculinity, identity, memory and place through drawing, ceramics and installation.

**Opening reception:** Oct. 21, 3-9 p.m. Art talk at 7:30 p.m.  
Until Nov. 27: Art Gallery of Regina, 2420 Elphinstone St.

**Aurora Art Guild Show and Sale**  
Oct. 22-24, 10 a.m.-6 p.m.  
Oct. 25, 11 a.m.-6 p.m. — opportunity to meet the artists  
Innovation Place, 10 Research Dr. (University of Regina)

**Melody Armstrong & Mary Lynn-Pedrick Art Jewelry**  
Oct. 24-Nov. 21  
Mesa Gallery, 106 2360 Broad St.

**Summer in Contemporary Canadian Fine Art and Wendy Nelson: Whispering Landscapes**  
Series of art explore Canadian landscape and wildlife.  
Until Oct. 31: Scott Nicholson Fine Arts, Regina Centre Crossing, 1621 Albert St.

**Dezanne Marie, Breaking the Bush**  
In London, Polish-Canadian artist Dezanne Marie took hundreds of photographs of one common land hedge that was sculpted into a rectangular

lar forms. The resulting collage project explores attempts to civilize and control nature.  
Until Nov. 4: Dunlop Art Gallery — Starwood Village Branch, 8221 McPhillips Blvd.

**Autumn Group Show**  
Until Oct. 24: Nouveau gallery, 2146 Albert St.

**Barbara Menzies: Keeping The Tower**  
The artist records herself stacking dozens of books to block her entryway, sealing herself off from the world. Trapped behind this barrier of countless books, Menzies literally digs into the words on printed pages in effort to find freedom in the text.  
Until Nov. 14: Dancop Art Gallery, 2226 Elphinstone — Central Branch, 2226-10th Ave.

**Rebecca Penick: De/fining the Centre**

This exhibition analyzes the viewer with 285 portraits of indigenous artists and customs. Tucked in the midst of these black and white portraits are images of a herring seal, small canvases that depict the family albums of Penick's childhood.  
Until Nov. 22: Makinaka Art Gallery, 3475 Albert St.

**Robbie Addison: 2**  
A series of seven editions of permanent collection prints (edition numbers 31-51) by artists including Andy Warhol, J.M.W. Turner and Thomas Ashmore. The edition number is a bit of a paradox — a unique identification tag for something that is not unique, making the print's owner only somewhat special.  
Until Nov. 22: Makinaka Art Gallery, 3475 Albert St.

**Todd Rembeleswood: Mood**  
Photography and artwork. Inspired by the artist's battle with mental illness.  
Through November: Artful Dodger, 1631 19th Ave.



## EVENTS

What you need to know to plan your week.  
Send events and photos to [QC@leaderpost.com](mailto:QC@leaderpost.com)

**Rocktober Fest**  
Featuring: A-Muse Oct. 23, 8 p.m.  
Austrian Club, 320 Maxwell St.

**Halloween Mississauga Ball**  
For tickets, call 305-347-2326.  
\$30 advance or \$40 at the door.  
Oct. 24, 8 p.m.  
Austrian Club, 320 Maxwell St.

**50-Plus Dance**  
Music by Piano Bumpers Oct. 23, 2-5 p.m.  
Austrian Club, 320 Maxwell St.

**The Western Canadian Old Time Dance Party**  
Oct. 28, 7 p.m.  
Casino Regine Show Lounge  
1610 Saskatchewan Dr.

## # SPORTS

**Men's hockey**  
U of R Cougars vs. Saskatoon  
Oct. 23, 7 p.m. Co-Operators  
Centre, Event Place

**McMaster Bowl**  
High Impact Wrestling  
Oct. 23, 8 p.m. Co-Operators  
Centre, Event Place

**Saskatchewan Roughriders vs. Edmonton**  
Oct. 24, 8 p.m.  
Mosaic Stadium

**Women's hockey**  
U of R Cougars vs. Saskatoon  
Oct. 23, 7 p.m. Co-Operators  
Centre, Event Place

**Regina Pats vs. Prince Albert**  
Oct. 25, 4 p.m.  
Brant Centre, Event Place

## # FOR FAMILIES

**Stars on the Strand**  
Wednesday, 1 p.m.  
Cineplex Odeon Southland  
Mall, 3025 Gorken Rd.

**Build and Grow Clinics**  
Build a special feature project.  
For children ages 5 and up.



The Wiggles perform Thursday at the Conexus Arts Centre.

Saturday, 10 a.m.  
Lewes, 4055 Gordon Rd.

**The Wiggles**  
Oct. 22, 6/8/9 a.m.  
Conexus Arts Centre  
200 Lakeshore Dr.

**Young Explorers Club**  
Pizza and pop for supper, film (object-based), gallery exploration, experiments, games and crafts for 5- to 12-year-olds. Theme: Kinetic.  
Oct. 23, 5:30-9 p.m.  
Royal Saskatchewan Museum, 2445 Albert St.

**Family activities**  
Saturday and Sunday, 2 p.m.  
Saskatchewan Science Centre, 2903 Powerhouse Dr.

**Michael's Kids Club**  
Saturday, 10 a.m.-noon  
2055 Prince of Wales Dr.

**Family Favourite Film**

**Enjoy a favourite film for \$2.50**  
Saturday, 11 a.m. Galaxy Cinema, 420 McCarthy Blvd. N.

**Family Studio Sundays**  
Sunday 2-4 p.m.  
Mosaic Art Gallery, 3475 Albert St.

**Super Sunday Movie**  
A different family movie each week. \$3 per person. Snacks available for purchase.  
Sunday, 2:30 p.m.  
Royal Saskatchewan Museum, 2445 Albert St.

**Science Time for Kids**  
Interactive workshop aimed at early learners.  
Tuesday, 9:30-10 a.m.  
Saskatchewan Science Centre, 2903 Powerhouse Dr.

**Drop in crafts and gym**  
Free event for youth aged 5-18.  
Tuesday, 4-6 p.m.

**Eastview Community Centre**  
615 6th Ave.

**Megawank Club**  
Gallery exploration, games, crafts and activities for inquisitive 5- to 8-year-olds.  
Theme: Saskatchewan Under the Sea.  
Oct. 25, 5:30-7:30 a.m.  
Royal Saskatchewan Museum, 2445 Albert St.

## # MUSEUMS

**Black Museum Feature Exhibit**

Explore some of the maces and chilling pieces from the RCMP historical collections including evidence gathered from some of the most infamous cases of Canadian crime.  
Exhibition runs until Oct. 31.  
Open 11 a.m.-5 p.m. daily.  
RCMP Heritage Centre, 3907 Dewdney Ave.

**Alan Young School Museum**  
1503 42nd Ave.  
Tours by appointment only.  
(306-523-3000)

**Government House Museum & Heritage Property**  
4607 Dewdney Ave.  
Open daily 9 a.m.-5 p.m.

**Regina Firefighters Museum**  
125 Ross Ave.  
Tours by appointment: (306-777-7714).

**Regina Floral Conservatory**  
1400 4th Ave.  
Open daily, 1-4:30 p.m.

**Regina Saskatchewan Museum**  
2445 Albert St.  
Open 9:30 a.m.-5 p.m. daily

**Saskatchewan Military Museum**  
1503 Regentway St.

Open Monday and Thursday, 7-9 p.m., or by appointment.  
(306-347-0345).

**Saskatchewan Science Centre**  
2903 Powerhouse Dr.  
Tuesday-Friday 9 a.m.-5 p.m.  
Saturday-Sunday and holidays, noon-6 p.m.  
Closed Mondays

**Saskatchewan Sports Hall of Fame**  
2205 Victoria Ave.  
Monday-Friday 10 a.m.-4:30 p.m.  
Saturday-noon-5 p.m.

## # OTHER HAPPENINGS

**RCMP Sergeant Major's Parade**  
Weekdays, 12:45 p.m.  
RCMP Depot Division, 5600 13th Ave.

**All Nations Healing Arts**  
Live in play music, dance and perform in live art-based workshops, cultural teachings and employment workshops. For people ages 13 to 22 on a budget.  
Wednesday, Monday and Tuesday, 5-7 p.m. (drop-in 4-5 p.m.)  
YWCA, 1940 Monty St.

**Adult Science Night: Return to the Future**  
A timely adventure into the past and future of science made a Science and its role in a better world. Must be 19 or older to attend.  
Oct. 22, 7-10 p.m.  
Science Centre, 2923 Powerhouse Dr.

**Life Drawing Sessions**  
No formal instruction, all skill levels encouraged. Model will be nude with the exception of a few special costumed sessions. Bring your own drawing materials. 5-7.  
Oct. 22, 7-10 p.m.  
Creative Arts Centre, 1843 Hamilton St.



## EVENTS

What you need to know to plan your week.  
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**BlackBox 2015: Economics, Political, and Policy Consequences**  
Johnson Shogren Graduate School lecture  
Oct. 21, 10 a.m.-noon  
Room 262, 2 Research Dr.

**A Night to Remember II**  
gala  
Alzheimer Society fundraiser  
featuring entertainment,  
food, drinks, live and silent  
auctions, 9:30-  
Oct. 22, 5:30 p.m.  
Casino Regina show lounge,  
1880 Saskatchewan Dr.

**Craft Sale and Trade**  
Conference and 40 tables of  
merchandise.  
Oct. 23, 8 a.m.-  
Oct. 24, 9 a.m.-3 p.m.  
Hortpark United Church,  
Hortpark and Anzac

**Fall supper**  
Turkey and all the trimmings  
\$30 for adults, \$17 for children  
Advance tickets only at 306-34-2626  
Oct. 23, 5-6:30 p.m.  
St. James United Church,  
4506 Sherwood Dr.

**Gold Medal Fights**  
Olympic fundraiser and charity  
competition featuring music  
by Anne Lindsay, Jim Cuddy  
and Colin Cripps of Blue  
Riotto  
Oct. 23  
Coronet Arts Centre  
320 Lakeshore Dr.

**BC Orchard Apple Fundraiser**  
Macmillan Garden Ball  
cups or Sporkin \$30 for a  
20-pound box \$19.50 for 10  
pounds or \$1 for 6 pounds.  
Peculiar only 306-523-  
1063  
Oct. 24, 8:30-11 p.m.  
Broadway United Church, 105  
Broadway Ave.

**Reggie Parents' Market**  
Saturday 9 a.m.-1 p.m.  
We Wo shawna Hall, 2060  
Hamilton St.

**Bake/Craft/Trade Sale**  
Hosted by Sebe Gardens Se-  
niors Club  
Oct. 24, 9 a.m.-3 p.m.



Thursday's Adult Science Night beckons back to the future: go full-on in your futurist.

**Seo Gardens Community**  
Centre 106 McIlwain Ave.  
**South Saskatchewan Liv**  
**Society ACM & Fall Supper**  
Oct. 24, 4PM-10 a.m. -seer,  
sewer 1-3 p.m.  
Eastview Community Centre,  
515 6th Ave.

**All Hallows Eve pageant**  
Oct. 24  
Ox Carbo, 406-4th Ave

**The Most Incredible Serial**  
Show  
Oct. 25, noon  
Coronet Arts Centre  
320 Lakeshore Dr.

**Bridge lessons**  
Learn to play bridge or  
improve your game. Call 306-  
585-1044 for more information.  
Mondays, 6:30 p.m. 349  
Albert St.

**Regina Regine event**  
Michelle Brunet will show a  
film and discuss her onna-  
Canada career trip.  
Oct. 28, 7:30 p.m.  
Regal Saskatoon Museum,

2445 Albert St.

**Wired for seniors**  
For more information call  
Mary 306-128-5682 or text  
306-139-0882.  
Tuesday, 9:30 a.m.  
Self-constructing, Living Spirit  
Centre, 3018 Olson Dr.

**Chewy Day Challenge**  
Gross-in patterns of bread  
spine emulsion.  
Tuesday, 6 a.m. -midnight.  
Bastion Plaza, 543 Albert St. N.

## # FILM

**Cinema Politics**  
Screening of a documentary  
regarding the racial, political,  
and environmental, and global  
issues facing Saskatchewan  
citizens. Discussion to follow.  
Oct. 21  
Artful Dodger, 1631 16th Ave.

**All the Time in the World**  
Documentary  
Three parents leave their jobs  
and take their three young  
children to live in a small sub-  
urb with no road access, elec-

tricity, internet, TV, phone, run-  
ning water and, most impor-  
tantly, no clocks or watches.  
Filmed over nine months off  
the grid.

**Learning To Drive**  
Comedy Drama  
As her marriage dissolves,  
Manchester widow Wendy (Pe-  
tricia Clarke) takes driving  
lessons from skill instructor  
Deven (Sam Kinison) with  
marriage troubles of his own.  
In each other's company they  
find the courage to get back  
on the road and the strength  
to take the wheel.

**Regina Public Library Theatre**  
2310 Uthman, 306-777-0306

**The Arctic 3D**  
Documentary  
A mother polar bear and  
her four seven-month-old  
cubs navigate the changing  
Arctic wilderness as they  
struggle to survive in a  
rapidly changing environment  
of melting ice, immense glaciers,  
spectacular waterfalls and  
majestic snowbirds.

on.ks. Narrated by Meryl  
Streep.

**Visible 3D**  
Awarded space shuttle Atlantis  
in May 2009, astronaut  
Sawyer and five spacewalkers  
to repair and upgrade the  
Hubble space telescope. Jour-  
ney through distant galaxies  
to explore the grandeur and  
mysteries of our celestial  
surroundings. Narrated by  
Leonardo DiCaprio.

**Jerusalem**  
Documentary  
A tour of one of the world's  
oldest cities, developed and  
ruined countless times over  
3,000 years. The film follows  
Christ, young, a revolutionary  
and his families — Jewish,  
Christian and Muslim — as  
archaeologist Dr. Jodi Mag-  
ness explores some historical  
sites in the region. Narrated by  
Geraldine Lambert.

**Kramer Jrue**  
2162 Pomeroy Ave.  
306-527-6579

## # NEW MOVIES

**Jam and the Holograms**  
Family  
Teen captain Jennifer Gon-  
zalez (Julia Roberts) and her  
friends become an online re-  
cording sensation named Jam  
and the Holograms. They set  
out on a music-themed adver-  
entured series Los Angeles  
to find a final message left by  
her father based on the 1980s  
animated TV series.

**The Last Witch Hunter**  
Action  
The last witch hunter (Van De-  
sai) is at that stands between  
humanity and the combined  
forces of the most heinous  
witches in history.

**Paranormal Activity: The  
Ghost Dimension**  
Horror  
When Ryan, Emily and their  
six-year-old daughter Leah  
move to Palo Alto, they quickly  
realize something is not right  
within their new house.

**Rock the Kasbah**  
Comedy  
Washed-up rock manager  
Mace Vance (Bill Murray)  
takes his last remaining client  
on a USO tour of Afghanistan.  
Abandoned, penniless and  
without his passport in Kabul,  
Mace discovers a young girl  
with extraordinary voice and  
manages her through Afghani-  
stan's version of American Idol.  
Also starring Jack Huston, Bruce  
Campbell and Barry  
Mortimer.

**Gelco Cinema**  
4701 Ave. Carling Blvd. N.  
306-522-9096

**Cineplex Odan**  
Southland Mall Cinema  
3335 Gordon Rd., 306-585-3393

**Starline Cinema**  
Golden Mile Shopping Centre  
3030 Albert St., 306-339-5250

**Event listings are free community  
service offerings. Q. Listings will  
include times, locations, phone and  
internet links. See events page  
event.**

## FOOD

## # RECIPE

## Not too early for gingerbread cake

By Renee Kohlman

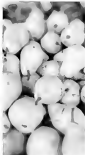
"At this point of perfection, an apple shouts, a pear whispers." —Nigel Slater

I don't need to tell you what's happening in this month. If you've poked your head into any retail outlet, harmlessly looking for boots or pillows or cat litter, you've seen the signs for Christmas 2011. In the olden days, you wouldn't see such stuff until after Thanksgiving, but it seems like every year the goods are out any and quicker and quicker. Some of you may have already started (or finished) your shopping, to which I give you a high five. I'm not, nor will ever be, one of those people. Most days I'm lucky if my kids last past crossed out, and then I reward my self with tea and cake. Pardon?

Do you think it is too early to bake gingerbread? Heck, no. Images of cake are a constant in my house and that one in particular has been taking up residence lately. Upside-down pear gingerbread cake is one of my all time faves — quite simple in preparation and as if I tell you it's low fat, will you believe me? OK, fine. It's not super-diaper low fat, but there is apple sauce in it, which beats out some of the better. That cake has everything you want your gingerbread to be — spicy, tender, not too sweet and it smells like Christmas.

I adore pears. Their subtle sweet scent and floral fragrance make them one of my favourite fruits to eat out of hand and to bake with. The pears in this recipe get the same old-fashioned treatment and lend us air of no photoshopped or too obviously awesome cake. Bits of candied ginger add a little fire to the pears as they bubble away in the oven with the butter and sugar. A simple gingerbread batter is poured over top. Smooth. It's out-bake it off.

I love baking cakes in my well-seasoned old iron skillet. The heat is evenly distributed and you can't go wrong with the rustic appeal. If you don't have a skillet you can still



Pears are mixed and spread on the gingerbread cake.

bake the cake in a regular cake pan — never fear. Carefully remember, this is a hot skillet and hot colors! Invert onto a pretty platter just a little bit larger than the skillet. Dish out slices of this gingerbread while it's still warm, and top it with good vanilla ice cream or whipped cream. Whether served at the holidays or on a chilly weeknight with a mug of tea, it's sure to bring you comfort and joy.

### Upside-Down Pear Gingerbread Cake

#### Topping:

- >1/2 cup butter
- >1/2 cup packed brown sugar
- >1 ripe pear (I used Bosc) peeled and cored, each pear cut into 8 slices for 36-ounce tin.
- >2 tbsp candied ginger, dried and used

#### Cake:

- >1/4 cup butter softened
- >1/2 cup packed brown sugar



Don't eat it. Whipped cream tops a pear gingerbread cake. PHOTOS BY RENEE KOHLMAN

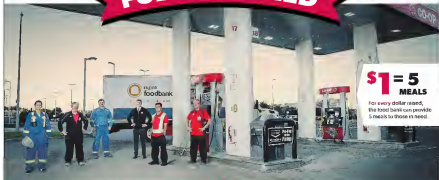
- >3 large eggs
- >2 cup unsalted applesauce
- >5/2 cup molasses
- >1 1/2 cups all purpose flour
- >1 1/2 tsp ground ginger
- >2 tsp baking powder
- >2 tsp baking soda
- >2 tsp ground cinnamon
- >2 1/2 cup ground cloves
- >2 1/2 tsp salt

**Instructions:**  
Preheat oven to 350 F.  
In the bottom of a 36-ounce oval:

proof, skillet melt the butter and stir in the molasses until smooth. Pour melted butter into the bottom of a 36-ounce oval round baking pan, stir in the brown sugar. On the heat, as merge pears on top of the butter/brown sugar in a pretty circle. Sprinkle the crystallized ginger on top. Set aside.

In the bowl of a mixer, cream to gather the butter and brown sugar. Add eggs and beat until fluffy. Stir in the applesauce and molasses in a separate bowl. combine dry

ingredients and stir into molasses mixture until smooth. Pour batter over pears, smooth top and bake for 50-60 minutes, until toothpick comes out clean. Run a knife around the edges and carefully invert onto serving platter. Be this as warm as color comes a bit of oven. Let it hang out for a minute or two as all of the topping comes out. If any pears remain in pan, simply press them into cake. Serve warm with whipped cream, or vanilla ice cream. Serves eight.



**\$1 = 5 MEALS**

For every dollar raised, the food bank can provide 5 meals to those in need.

**Fill up TODAY** and Sherwood Co-op and the Co-op Refinery Complex will each donate 10 cents for every litre of gas purchased to the Regina Food Bank.

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**Regina**

- 5875 Rochdale Boulevard
- 460 Albert Street
- 727 Dawdney Avenue E.
- 4327 Albert Street
- A 615 Winnipeg Street N.
- 2020 Prince of Wales Drive
- 4705 Gordon Road

**Emerald Park**

- 11 Great Plains Road

**Indian Head**

- 100 Highway 56

Find out more at [reginafoodbank.ca](http://reginafoodbank.ca)



**WE FUEL TOMORROW**

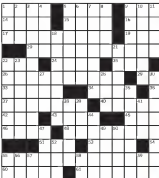


## #CROSSWORD

NEW YORK TIMES *Edited by MW Shortz*

## ACROSS

- 1 Paris wheels  
famously  
5 Forward of second order  
9 Connection  
14 Confirmed marriage  
16 Certain quail  
name reference  
18 Not under guard  
19 Laiden drinker  
24 Accompanied a  
satellite  
25 Welcome to the mall  
title sure you about  
32 Cut off their rhyming  
with the vowels and  
21 Given  
34 Displayed respectful  
for art  
35 Same friends  
36 "The Road" said, after  
main event: "I'm just  
not there!"  
38 Young siblings' names  
39 Unplanned  
40 New 32 Across  
42 What we left of a  
book to a character?  
43 Title of New York's  
Christian Journal  
44 One of  
45 Conformer ship  
particular  
46 To be in Denmark  
48 Movie to ban  
49 Famous  
46:6 Movie of homophobia  
in California  
47 Some people help  
the rest, but I  
don't want to  
50 Before inevitably  
51 Centuries for "Grip  
in London" and  
"Hawaii"  
51:1 I don't really know  
the emphasis in the  
inclusion anyone  
between these two  
is not of ...  
60 Down Under division  
61 Name of some of online  
musicals  
62 First and with "out"  
63 Woman's name that  
includes the 61 first  
last letters



PLU: LE: BY JOEL LANG AND ANTHONY KILGANO

## DOWN

- 1 Email add-on  
2 1920 political cause  
for short  
3 "Psycho" character  
who is (quote) "driving  
towards a couple"  
4 First in German  
5 1920s bar  
6 Name  
7 (quote) piano show  
that is a morning  
vehicle  
8 ... which  
9 Quoted  
10 I agree to dissent  
11 Top-down name  
reference  
12 What the beach left  
after the  
13 Air stream's heading  
but only  
14 First 32 Across  
15 Centre part  
17 May not suit  
18 (quote)  
19 Takes all the  
best Post, neither  
20 Which causing a  
no parking sign  
21 First  
22 Second holder  
23 One of Santa's  
reindeer  
24 Egg, Profile  
25 Calendar date  
26 14th  
27 One of the 14th  
28 One of the 14th  
29 Combined into the side  
of  
30 "I'm not a  
31 I believe I'm the"  
singer 2006  
32 John of Paul 1st out  
King  
33 Sensory spread  
34 Translators  
competition is tight  
35 Which would be  
36 Porcupine  
37 2015 Nobel  
Prize  
38 2015 Nobel  
Prize



## AHH...SATURDAY MORNINGS

CATCH UP ON REGINA NEWS, OPINIONS,  
SPORTS, SASKATCHEWAN STORIES, AND  
YOUR WEEKEND ENTERTAINMENT.



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Solution to the  
crossword puzzle and  
the Sudoku can be  
found on Page 23

# JANUARY  
CLASSIC  
SUDOKU

## Levitt Silver

Fill in the blank only  
using numbers 1 to 9.  
Each number can ap-  
pear only once in each  
row, column and 3x3  
block. Use logic and  
process of elimination  
to solve the puzzle.

The difficulty level  
ranges from (easiest)  
to (hardest)



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# OUTSIDE THE LINES

## saskatchewan COSTUME IDEAS



**PRAIRIE LILY**

• An all-time favourite to enjoy! Saskatchewan's prairie flower



**MOSQUITO**

• Mosquitoes are in Saskatchewan. Go on that blood-sucking rampage.



**GRAIN ELEVATOR**

• Wearing "Saskatchewan" to work in.



**PROVINCIAL MAP**

• Saskatchewan is a geographical entity.

### # Colouring contest

Each week artist Stephanie Makay creates a family illustration meant to please lots of all ages.

Children can colour the page. Have a picture taken with the finished product and email it to [leaderpost.com](mailto:leaderpost.com). One winner will be chosen each week.

Please send **high-resolution** pictures and include the child's name and contact information.



Last week's QC coloring contest winners were 10-year-old D.J., first club of ecology members Liam MacKinnon and John Kelly. They say "As ecology students we do a surprising amount of coloring. We lost an 8th grade picture envelope our love of coloring AND rock!"

With Wendy's Ultimate Canadian Combo you get it all in a Biscuitator with lots of cheese and yummys.

VISIT US AT THESE REGINA LOCATIONS:  
• 2103 VICTORIA AVENUE EAST • 306 ALBERT STREET

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# WINE WORLD

## # WINE WORLD

### Okanagan red can be served anywhere, any time

By James Romanow

Okanagan is a town just over the ridge from the Okanagan toward the coast, on Highway 3. There are some wineries starting up there but so as a seed for a new growing district, the distribution outside B.C. is spotty. One of them, Okanagan Bridge Winery, is run by an oenologist who was once in the Okanagan valley. Their wines do occasionally show up here on wine lists and recently got listed by the SLGA.

Okanagan Bridge tends to favour easy drinking wines ready for consumption when they leave the winery. Their Red Bridge Red is very much such a wine. If you think you're not ready to leave behind the first Aid of your youth, this is one you need to try.

You are led by a great herbal bouquet into an exceptionally smooth palate. If you do the full wine-taster swirl, you'll find there are mild tannins (in a structure) behind a pleasing easy sipping wine with flavours of fruit and coffee. The finish is dry and earthy and not overly alcoholic.

This is a wine you can serve anyone any time. It makes a nice cocktail lead toward dinner. You can drink it with pretty much all foods, from pasta to coconuts to roasts. You won't need a cognac afterward as it will carry



you off to the couch quite happily.

One thing you do need to notice in the alcohol content. This is a ripe red wine and comes in at nearly 15 per cent. You won't want to go out if you open this bottle over dinner, and when fed to an elderly relative will likely result in their having a pleasant post-prandial nap on the couch.

Okanagan Red Bridge Winery, \$30 \*\*\*

More wines to survive. Available with Wine-Map here, and on Twitter @jbrwines.

## Crossword/Sudoku answers

BENZ	MACH	SCENE
CROW	ABBA	COCOA
CAREERIST	RUINS	
MISS	THE	TARGET
ETA	CHOC	HPS
SUBWAY	FARE	EFTS
TRAMP	DIETA	ION
ART	DEG	PART
TEE	DOVE	GUZCO
ETS	MI	NOT
EGG	DOOLERS	
APPLE	TURN	MOVER
KOALA	BANNER	AOS
OPTED	EVIL	SLOP
NEKED	RICKO	LOGY

9	1	7	5	2	8	6	3	4
5	2	6	3	7	4	9	8	1
3	8	4	1	6	9	7	5	2
1	7	5	4	9	2	3	6	8
4	6	3	7	8	1	5	2	9
8	9	2	6	5	3	1	4	7
6	5	1	8	4	7	2	9	3
7	4	9	2	3	5	8	1	6
2	3	8	9	1	6	4	7	5

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